

MCH GoPoop PROGRAM

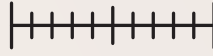
This program can teach you how to RETRAIN then MAINTAIN healthy poop habits for kids. Ask your healthcare provider how long you need the program. Most children need at least 3-6 months of the program.

RETRAIN

STEP 1

KNOW YOUR POOP:

It is important to watch your poop for:
Try using a poop diary and stickers



Size



Frequency



Consistency

STEP 2

HEALTHY BODY - HEALTHY POOP

- ✓ Your child needs to poop as soon as they feel the urge to
- ✓ Teach your child to not hold poop in. Praise them for listening to their bodies when they have a poop. Keep the program fun.
- ✓ Increase water, fibre, and exercise



STEP 3

BATHROOM BASICS

- ✓ Take advantage of the normal urge or need to poop 20 minutes after meals. Sit on the toilet 1-2x per day for 5-10 minutes.
- ✓ Use a stool under your child's feet regardless of age or size.
- ✓ Make toilet time relaxing and fun. Try a book, breathing exercise, or a device.



STEP 4

START WITH A CLEAN-OUT/FLUSH?

- A clean-out/ flush will help to make the Retrain-Maintain program is successful
- Children with very mild constipation or who are not yet toilet trained may proceed without a clean-out (under the age of 2)

Ask your healthcare provider which clean-out option is best for your child

By Mouth clean-out

PICO Salax[®] (or Purgodan[®])

Age	Recommended Dose
2-4 years old	PICO Salax [®] (or Purgodan [®]) 1/4 sachet two times a day for two days (morning and evening)
5-12 years old	PICO Salax [®] (or Purgodan [®]) 1/2 sachet two times a day for two days (morning and evening)
13+ years old	PICO Salax [®] (or Purgodan [®]) 1 sachet two times a day for two days (morning and evening)

PEG 3350 Plus Bisacodyl[®]

Weight/Age	Recommended Dose
7-10kg (>6 months)	PEG 3350 2 tsp two times a day (morning and evening) for three days
11-15kg (1-2 years)	PEG 3350 3 tsp two times a day (morning and evening) for three days
16-35kg (3-5 years)	PEG 3350 5 tsp (1 capful) two times a day (morning and evening) for three days plus Bisacodyl [®] 5mg by mouth or suppository
36-50kg (6-12 years)	PEG 3350 5 tsp (1 capful) three times a day plus Bisacodyl [®] 5mg by mouth or suppository for three days
>50kg (>13 years)	PEG 3350 10 tsp two times a day (morning and evening) for two days plus Bisacodyl [®] 10mg by mouth OR suppository for three days

**Bisacodyl[®] suppositories are available as 10mg suppositories and can be cut in half*

Rectal clean-out

Age	Recommended Dose
<2 Years	Glycerin suppository once daily up to x 3 days
3-10 years old	Pediatric Fleet [®] enema (Sodium phosphate) daily up to x 3 days OR Bisacodyl [®] 5mg Suppository up to x 3 days
>10 years old	Adult Fleet [®] enema (Sodium phosphate) daily up to x 3 days OR Bisacodyl [®] 10mg suppository up to x 3 days

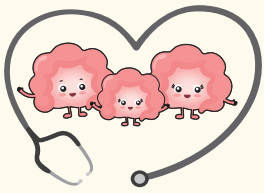
STEP 5

START YOUR STOOL SOFTNER

INITIAL DOSE OF PEG 3350[®]
(Restorolax[®], Lax-A-Day[®]):

Age	Dose
1-6 years old	2 tsp daily
6-12 years old	4 tsp daily
>12 years old	5 tsp daily

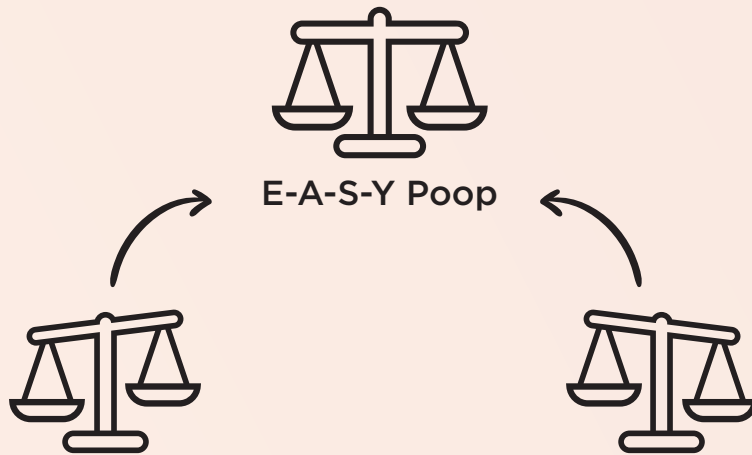




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MAINTAIN



Too little PEG 3350
Increase by 1/2 - 1 tsp

Too much PEG 3350
Decrease by 1/2 - 1 tsp

EASY POOP:

Goals of the program are having an "E-A-S-Y" poop

- ✓ **E= Everyday:** having a poop at least once a day
- ✓ **A= All empty** (no feeling of poop left over when done)
- ✓ **S= Soft** (refer to *Bristol Stool chart*)
 - TYPE 4
 - TYPE 5
- ✓ **Y= You're comfortable** (no pain, no strain)

- Watch your poops and change the amount of stool softeners until you have an E-A-S-Y poop
- Keep an E-A-S-Y poop throughout the maintain program. Change the dose or go to the rescue box if you stop having an E-A-S-Y poop

Rescue Toolbox: Still not having an E-A-S-Y poop or poop accidents continue?

- Try a repeat By Mouth clean-out (see Step 4)
- Try a Rectal clean-out (see Step 4)
- Add a stimulant (Senna or Bisacodyl) for 2 weeks and talk to your healthcare provider if you need to continue on a Stimulant

Medicine Name	Child's Age	Dose
Senna [®] Available at these strengths: • 8.6mg tablet OTC • 15mg chocolate chew (ExLax [®]) OTC	2-6 years	1/2 tablet crushed in apple sauce or yogurt
	6-12 years	1 tablet or 1/2 chocolate chew
	12+ years	2 tablets or 1 chocolate chew

OR

Medicine Name	Child's Age	Dose
Bisacodyl [®] 5mg tablet by prescription or OTC	3-10 years	1 tablet
	10+ years	1 to 2 tablets

- Talk to your healthcare provider if you have not reached an E-A-S-Y poop within 2 weeks. (OTC = over the counter)



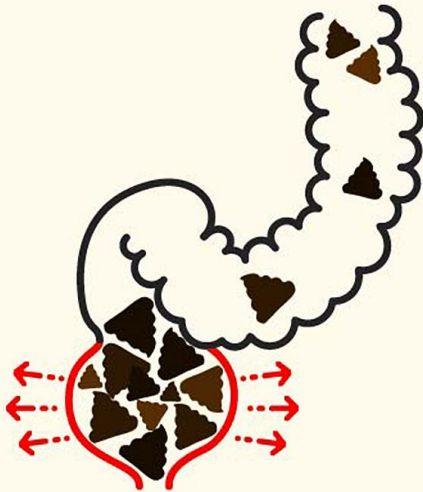
LEARN ABOUT CONSTIPATION

for success with the
MCH GoPoop PROGRAM

- When kids have constipation (poop back up) they lose the normal urge to poop and can't fully empty the poop from their bowels
- This is very common and can be reversed!

SIGNS THERE IS A POOP BACK UP (CONSTIPATION):

- Small or hard poop balls
- Not pooping every day
- Large poops
- Strain and pain when having a poop
- Pee/urine problems or pee accidents (from pressure of poop backup)
- Diarrhea (from watery poop going around the poop backup)
- Poop stains or poop accidents (from losing the feeling to hold watery poops in)
- Not being hungry or feeling full quickly when eating



*Stretched out bowels
full of poop*

**EVEN KIDS PASSING SOME POOP EVERY DAY
CAN HAVE A POOP BACK UP.**

Use the **MCH GoPoop** program to keep poops soft, empty the bowels and retrain the normal urge to have a poop.



CONSTIPATION WATCH

Watch for times in a child's life when they are more likely to develop constipation



INFANCY

- With the introduction of solid food.



SCHOOL AGE/TEENAGER

- Some children hold poop or avoid bathrooms with the change of routine or start of school.
- Some children have worries around using bathrooms outside of the home.



TODDLER

- Toilet training for many children starts a cycle of withholding poop, especially if they have a painful poop.
- This can be a critical time and the cycle can continue for many years.



- Some children may not want to talk about trouble with poops - track to see if they are having an E-A-S-Y poop.

- Some children have trouble relaxing the body to poop.
- Some children/teens can feel unwell when they are constipated and impact the way they eat, their energy, and give them very painful abdominal cramps.



TIPS & TRICKS

for success with the

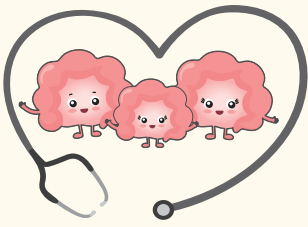
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ADVICE

- 1.** Ask your health care provider for how to start your child on the GoPoop program. You and your healthcare team need to review progress and continue to track and soften the poops until you are done the program. Some children need to use the program for longer than six months if they have had years of constipation.
- 2.** Most children need a clean-out or flush at the start of the program. It is okay to use medicines by mouth first if it works best for your child. It is important that the clean-out/flush worked and made lots of watery diarrhea. Ask your healthcare provider if you did not have this after the clean-out. Clean-outs may need to be repeated.
- 3.** It can help your child drink PEG 3350 if mixed with water or juice and placed in the fridge cold for 5-10 minutes. Drink at once.
- 4.** For those with poop accidents, a stimulant medicine may need to be added on a daily basis (*see Rescue toolbox*). You also may want to try an enema at the start or during the program. Pelvic floor physiotherapy may help for children over the age of 5 with ongoing poop accidents. Review this with your healthcare provider.
- 5.** In infancy, some children can become constipated with the start of solid food. Try adding in prune puree (2-4 ounces per day) or add chia, apricots and flax to increase fibre. Infants over six months can use fibre, glycerin suppositories, lactulose or 1-2 tsp PEG 3350 to treat mild constipation.
- 6.** Constipation can be the reason for bladder trouble like urine accidents, needing to pee too often or a urinary tract infection (UTI). Treating the constipation for these children will help the urine problems too.
- 7.** Talk to your healthcare provider if you think stress or worries are part of why your child is constipated. Try body relaxing exercises especially during toilet times.
- 8.** Health care providers can tell you if your constipation medication could be covered by insurance or OHIP. The Ontario Drug Benefit program and some insurance companies may cover Purgodan (generic of PICO salax), Senekot tab, 5mg Bisacodyl tabs and fleet enemas if a prescription is provided.



Contact your health care provider and stop your medication if your child has blistering diaper rash, fever, severe abdominal pain that lasts more than 30 minutes, vomiting, losing weight, wakes from sleep to poop, passes blood or mucus in the poops, leg weakness, an enlarged or tense abdomen, seizures, tremors, tics, mood changes, aggression or obsessive-compulsive behaviours.



MCH GoPoop Tracker

Track the E-A-S-Y Goals Daily

EASY POOP:

Goals of the program are achieving an “E-A-S-Y” poop

- E= Everyday:** having a poop at least once a day
- A= All empty** (no feeling of poop left over when done)
- S= Soft** (refer to Bristol Stool Chart)
- Y= You're comfortable** (no pain, no strain)



DID YOU KNOW?

It is important to track the volume/size of poop. The size of stool a child should be passing each day is close to the length of 1 banana.

BRISTOL STOOL CHART

TYPE 1



Separate, hard lumps; hard to pass

TYPE 2



Sausage shaped, but lumpy

TYPE 3



Like a sausage but with cracks on the surface

TYPE 4



Ideal consistency; soft, smooth, sausage shape

TYPE 5



Ideal consistency; soft blobs with clear-cut edges

TYPE 6



Mushy, fluffy pieces with ragged edges

TYPE 7

Entirely Liquid

R_x

PEG 3350:

See the **GoPoop program** for how to adjust for an E-A-S-Y poop

Other: _____

MONTH _____
